

Ageing Well in Barnet

Think Carers Seminar

October 1st 2025



Context

Barnet Population & Health Overview (Census 2021)

Population: 389,300 (↑9.2% since 2011)

Older Adults (65+): 75,300 – projected to increase to 96,856 by 2043

- Ages 70–74 saw a **40% increase**
- **By 2043:** Over **1 in 5 adults** expected to be 65+

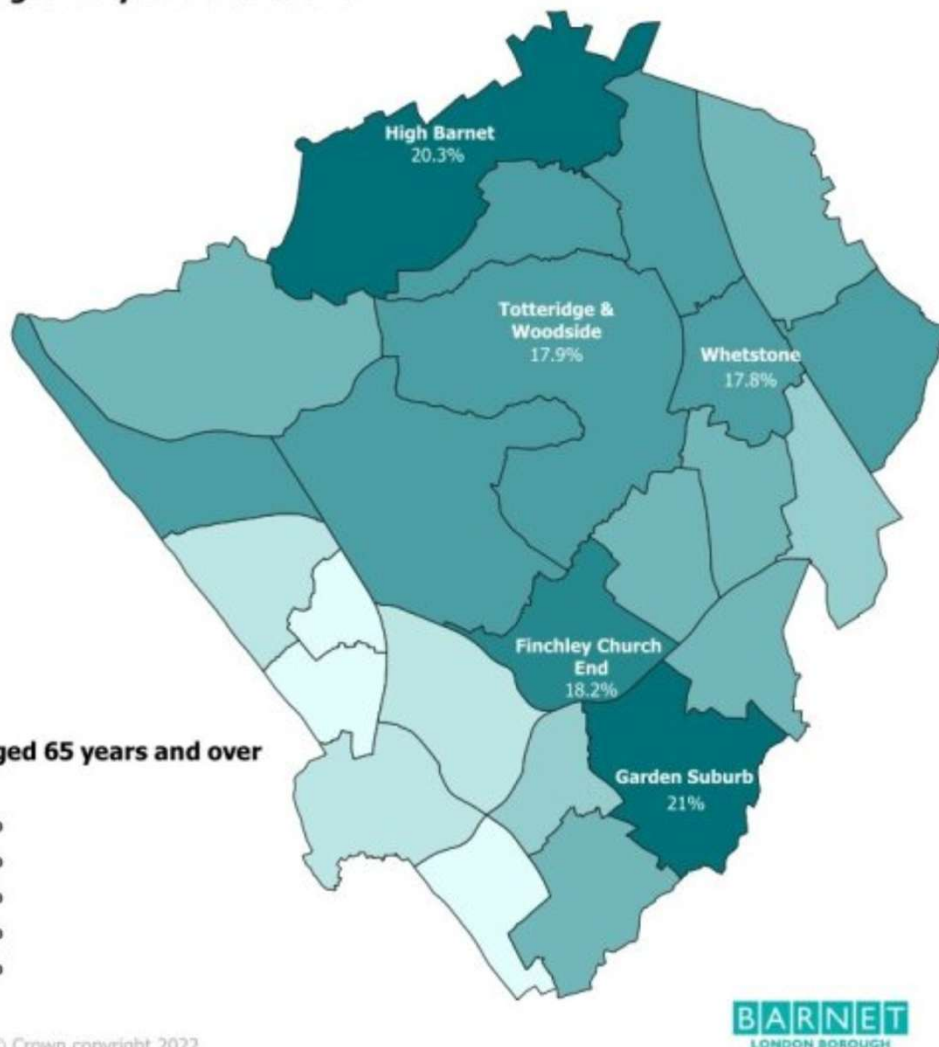
Life Expectancy Gap:

- **Highest:** Garden Suburb (M: 86, F: 90.5)
- **Lowest:** Burnt Oak (M: 78.6, F: 81.7)
- Follows a **socio-economic gradient**

Healthy Life Expectancy:

- Females: 21.2% of life in poor health
- Males: 23.3% of life in poor health

Population aged 65 years and above By ward



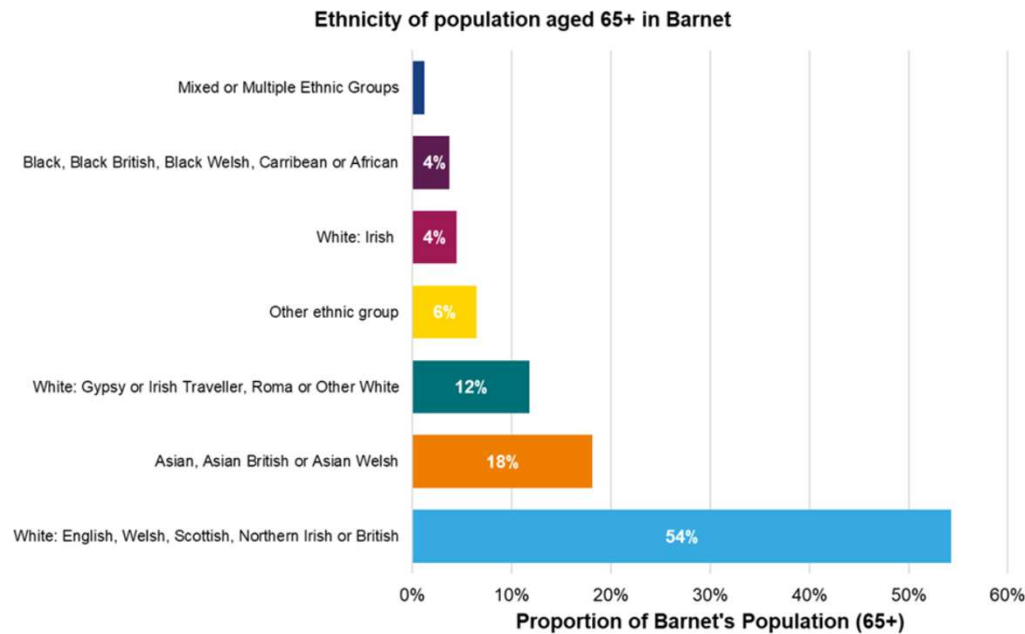
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Where are our older people?



Diversity

For those aged 65 and over, the White (English, Welsh Scottish or Northern Irish) ethnic group makes up the largest proportion (53.4%), followed by Asian, Asian British or Asian Welsh at 17.9%).



Census 2021 data © Crown copyright 2023



What is Ageing Well?

The World Health Organisation (WHO) define healthy ageing as the 'process of developing and maintaining the functional ability that enables wellbeing in older age'.

The WHO define functional ability as the capabilities enabling all people to be and do what they have reason to value: to meet their basic needs; learn, grow, and make decisions; be mobile; build and maintain relationships and contribute to society.

Age UK Barnet

We are a small,
independent charity

We are part of the
Age UK network

We are affiliated to
but separate from
Age UK the national
organisation

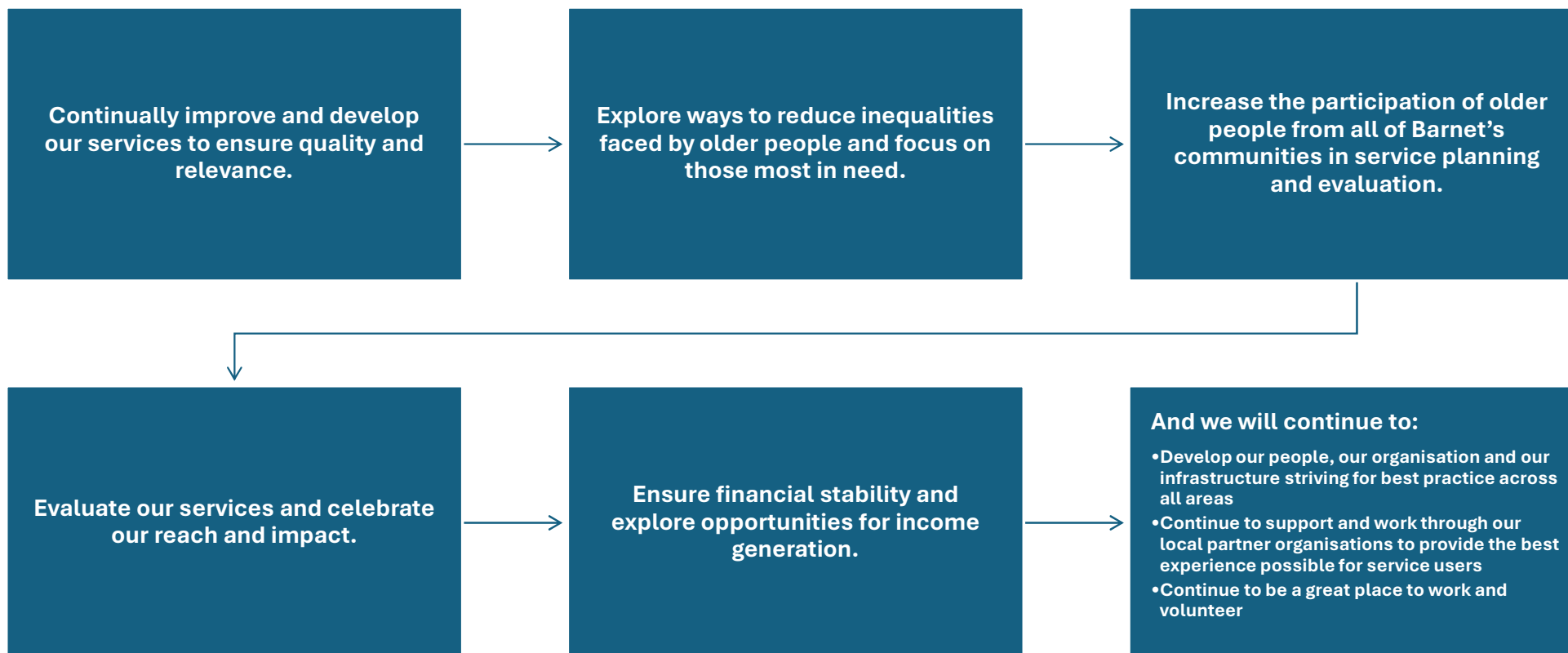
We have our own
constitution and
board of trustees

We set our own
strategy

We are responsible
for generating our
own income

We have a local
Barnet focus

Our Strategic aims 2025-2030



Our Current Work

Neighbourhood Services Contract	Dementia Services Contract	Social Prescribing	Everything else!
<p>Covers: Later Life Planning Wellbeing Services Home Support Services Falls Prevention Befriending</p>	<p>Covers: Memory stimulation activities</p>	<p>Covers: Preventing unnecessary GP work Signposting to relevant services</p>	<p>Covers: Scams Awareness Activities Age Friendly Barnet Dementia Friendly Barnet Dementia Befriending And others</p>
<p>Funded by: BARNET COUNCIL</p>	<p>Funded by: BARNET COUNCIL</p>	<p>Funded by: NHS England via PCNs</p>	<p>Funded by: Various, depending on project donations</p>
<p>Worth knowing: Five year contract – extended to March 2027.</p>	<p>Worth knowing: Five year contract to 2026</p>	<p>Worth knowing: Link workers are either employed by AUKB or Primary Care Networks</p>	<p>Worth knowing: Some ring-fenced funded projects</p>

Highlights of 2024-2025

Financial

- **1080** people used the services of our LLP team
- We helped claim back **£1.4M** in unclaimed benefits
- And we supported **638** clients through HSF

Volunteering

- Between them our 430 volunteers delivered **49,712** volunteering hours
- **62%** of them are aged 55+
- **+158** of them were befrienders

Dementia Hub

- **794** people in Barnet spoke to our Dementia Advisers
- **25-30** people attend our Day Opps everyday
- Memory Matters groups started

Activities

- We delivered **484** exercise classes
- **203** digital classes were delivered
- **1365** attended exercise classes & nail cutting
- Technology and internet

Other

- **4205** people over +55 years saw their SPLW
- **722** supported by the Scams team

What do older people think?

"It's made 100% difference to my life. I feel less isolated, and you've managed to sort out my pension credit—I'd never even heard of it before."

Very grateful to be given such kind and helpful support and so much information to draw on. Many thanks."

I enjoy the class very much, and I feel it's important to my mobility

"I felt the service gave me the freedom to get things done in my home that I'm unable to do myself. I was very happy with the service provided."

"I am overwhelmed with all the help and attention I received from Laura. At my age of 94, I am not able to think too clearly about anything. Thank you."

"I don't feel so alone. She's the only friend I've got."

Other Projects:

Henry Smith
Dementia Befriending

Barnet ICB
Memory Matters

Masonic Charitable
Trust
IT support

City Bridge
Activities

Household Support
Fund

Age Friendly Barnet

Barnet ICB
Outreach project

AUK National Scams
Awareness & Support



Age Friendly Barnet



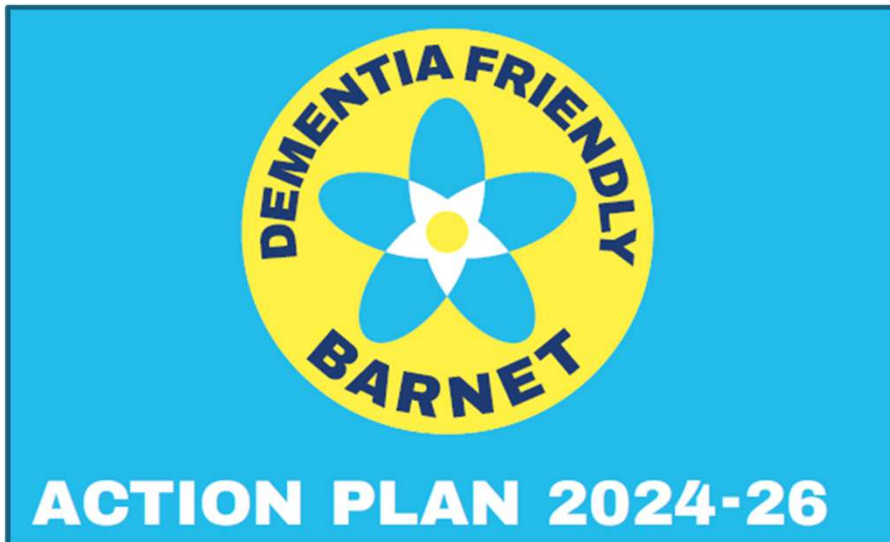
In June 2023, Barnet became a member of the UK Network of Age-friendly Communities. This Network will provide us with guidance, connections and support as we work towards making our community services and infrastructure more age-friendly.

This is a community-focused and community-organised project. Any changes which occur as a result of this project will have been identified or inspired by older voices and will always be fed back into our community for all to benefit from.



Dementia Friendly

Since the launch of Barnet's Dementia Strategy 2023-28, the Age Friendly Barnet project has been collaborating with Public Health Barnet to make Barnet more Dementia Friendly across its health, social care, voluntary and community sectors.



Promote benefits of becoming a dementia friendly venue across Barnet.



Offer training to key services such as Fire Service, community pharmacies, police, and the local bus network.



Create and promote risk reduction messages in key community languages.



Continue to organise and participate in events for PLWD and their carers.



Publish a list of all the activities that support PLWD in the borough.

Dementia



4,387 PEOPLE AGED 65+
IN BARNET WERE LIVING
WITH DIAGNOSED
DEMENTIA IN 2020



PROJECTED TO
INCREASE BY 66% IN
2040. (7,282)



DIAGNOSED DEMENTIA
RATE FOR PEOPLE AGED
65+ WAS 65.7% IN 2022.



THIS MEANS OUT OF THOSE
PREDICTED TO HAVE
DEMENTIA IN THE
POPULATION AGED 65+,
ONLY 65.7% OF THESE
PEOPLE HAVE A FORMAL
DIAGNOSIS.



How do we reach Barnet residents?



Monthly
newsletter



Bi-monthly
Pigeon Post



Memory Matters
newsletter



Website



Community
Talks



Events



Social Media



What's On



What can you do to support?

Join the Dementia
Friendly Barnet
Partnership

Become a
Dementia friendly
venue

Spread the word
about our
activities and
services!

Become an Age
friendly employer

Host dementia
awareness or age
friendly training



Any
questions?

